

"Walking Wellness" PE program

A new physical education program has been started in grades 4-6 at Vernonia's Washington Grade School. Called "Walking Wellness," the program was designed by Robert Sweetgall, who walked 50 states of America, starting in September 1984, and finishing in September 1985.

Through the program students develop an appreciation for walking, and learn what walking can do for the body and mind. Students have been given a workbook and have started the walking.

In conjunction with "Walking Wellness," teachers Marilyn Pederson and Pete Forgey have started a noon walking program for students in grades 3-6. Weather permitting, after lunch students can walk around the new "walking trail" to accumulate miles for their classroom. The students are trying to walk as many miles as across the 50 states, as a class competition. The class walking the most miles will be rewarded at the end of the trip.

The goal of the competition is not only to promote walking as good exercise, but to get students involved in a group activity, and participating students will be rewarded for achieving the goals that are set.

Helping circle

The Mist-Birkenfeld Helping Circle will hold its annual program and auction Saturday, October 24, at 7:30 p.m. in the Mist School Gym.

Money raised from the auction, food and crafts sales, and supper go to help pay the costs of street lights and cemetery maintenance, and for scholarships for local students.

47J staff welcomes five

Five teachers are new to Vernonia School District 47J this year. Mist Grade School welcomed Sherry Whitman for grades K-3 to replace Marguerite Nice who filled the vacant kindergarten position at Washington Grade School. Whitman is a graduate of Warner Pacific College in Portland. This is her first full-time teaching position.

Three teachers are new to Washington Grade School this year. Carolyn Chao is a graduate of San Francisco State College and received her teaching certificate from Lewis and Clark College. Chao is teaching Language Arts for grades 7 and 8.

Jackie VanDomelen is teaching 7th and 8th grade Social Studies. She is a graduate of Pacific Lutheran University and received her

teaching certificate from Portland State University.

John Richter is teaching Science for grades 7 and 8. He comes to Vernonia with several years of experience in Massachusetts and Oregon. He received his Bachelor's Degree from Bridgewater State College in Bridgewater, Massachusetts and his Masters from Southern Oregon State College in Ashland.

David Firman joins the District as Instrumental Music Instructor and is headquartered at Vernonia High School although he conducts music instruction for students grades K-5 at Mist Grade School and instrumental (band) instruction for grades 5-12. Firman is a graduate of the University of Oregon and taught for six years in the Ontario School District.

Senior class fundraiser slates wrestling card

The Vernonia High School senior class will kick-off fund raising for their annual Disneyland trip by sponsoring Big Time Wrestling on Sunday, October 4 at 7 p.m. in the high school gym.

Big Time Wrestling will feature a grudge match between The Grappler and Big Mike Miller, and a special event will be the Battling Midgets, with Japanese wrestler Little Tokyo, 4 feet 3

inches and 98 pounds, versus Little Mr. T, from Chicago, who stands 4 feet 6 inches tall and weighs 105 pounds. Other matches will fill the program.

It promises to be a fun filled night, said class advisor Nancy Dailey.

Tickets are available in advance from VHS, or may be purchased at the door. Admission is \$7 for ringside seats, \$6 general admission, and \$4 for children.

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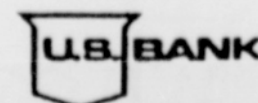
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Mist-Birkenfeld Helping Circle ANNUAL PROGRAM

Saturday, October 24, 1987

Mist School Gym, 7:30 p.m.

Auction - Supper - Food - Crafts and Much More

Help raise scholarship money for local students

Deer Hunters' Ball

Oct. 3 - 9 p.m. to 2:30 a.m.

Live Music

Prize for Best Rack By October 25th

Enjoy

Monday Night Football

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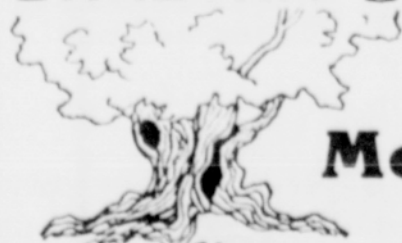
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